



*“The mind is everything. What you think, you become.” – Buddha*



Tips and resources for managing stress during uncertain times.



We need your assistance to help our associates in need.



Wondering how to access your desk voicemail? Wonder no more!



Molly Tevis, RDN, LD  
Albertsons Companies Dietician

Dietician’s Choice

While you’re stuck at home during these uncertain times, you shouldn’t also have to suffer from bad food! By using ingredients that you probably already have in your pantry, you can dish up some delicious meals that are healthy and easy to put together.

From our own in-house dietitian, Molly Tevis, read [how to stock your pantry with shelf stable items](#) and create culinary delights like the pros.

Do you have a story to share? Let us know!

New faces on your team? **Forward** this to them and CC [communications@albertsons.com](mailto:communications@albertsons.com) so we can add them to our list!

